

## Mobilizer Memo

In May of 2023, the Ministry of Education announced the development of new mental health literacy modules for grade 7 and 8 students in all Ontario schools. We hope as one of our key partners you can use this SMH-ON Partner Mobilizer Kit to help build awareness of these new modules.

This series of three 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within Strand D of the Health and Physical Education curriculum. They're not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy.

Specifically:

- The first grade 7 module is Mental Health, Mental Illness, and the Relationship Between Them
- The second Grade 7 module is Understanding Signs of a Mental Health Problem and How to Seek Support
- The third Grade 7 module is Mental Health, Substance Use, and the Relationship Between Them
- The first Grade 8 module is Mental Health and Stigma
- The second Grade 8 module is Supporting Our Mental Health – Managing Stress.
- The third and final Grade 8 Module is How to Help a Friend – Seeking Support for Others While Caring for Ourselves.

You can see the alignment of these modules with our work to support mental health literacy. This is an excellent opportunity to build consistency and to enhance mental health learning within schools.

SMH-ON has developed the content for these important modules. This development has included a review team from SickKids. There has also been significant consultation with students, parents, and a wide range of cultural and community partners to inform the work—feedback that has helped to shape the content.

The modules will be released in September and will be available in the virtual learning environment. They feature user-friendly tools, such as videos and slide decks along with discussion guides and teacher prompts, to support delivery. A variety of supportive resources are also included, such as an Educator Guide and a Student Notebook for each grade.

SMH-ON wants to make sure you have the tools and resources you need to build awareness and support implementation. This SMH-ON Partner Mobilizer Kit helps with that work. It includes:

- A [ready/made article](#) that can be the basis of an email to introduce the modules in your organization, or as an insert into newsletters or intranet posts
- A short, plain-language [promotional video](#) that walks through the purpose and content of the modules. This is perfect to show at the beginning of meetings to build understanding and create awareness.
- A set of [key messages](#) you can use in your communication about the modules
- Prepared [social media content](#) that you can use after the launch of the modules by the ministry, as well as an [edited, shorter version of the promotional video](#) that can be used for social sharing

Please let us know if there is anything else we can provide to support you.

Thank you for all you do to support student mental health!